



The Director's Corner

Dr. Keith Schafer

This week's guest columnist is Susan Flanigan of the Office of Transformation.

Transformation Working Group announces Show-Me Series

The Governor's Mental Health Transformation Working Group (TWG), in partnership with DMH, is proud to announce innovative programs available through their inaugural Mental Health Show-Me Series.

The 2008 Show-Me Series features three programs: [RESPECT Seminars](#), [Mental Health First Aid](#), and [Procovery](#). Because Mental Health Transformation is about improving Missouri's mental health system through innovation and collaboration, DMH worked with the TWG to ensure the Show-Me Series provides relevant programs and information for all Missourians.

The Mental Health Show-Me Series is designed to improve public knowledge, eliminate stigma, and empower people to move their lives forward regardless of their illness or disability. Most programs will be offered throughout Missouri in 2008.

The initial public response to the RESPECT Seminars and Procovery programs has been exceptional. Mental Health First Aid is generating a lot of interest and should be well-received when it is rolled out later this year. For additional details and regular updates on the Mental Health Show-Me Series, visit Missouri's Mental Health Transformation Website: <http://www.dmh.mo.gov/transformation/transformation.htm>

Missouri is one of nine states to receive federal funding from the Substance Abuse Mental Health Services Administration (SAMHSA) to transform the state's mental health delivery system. Diane McFarland serves as chair of the TWG.

What's inside?

The Watercooler . . . pg. 2

Get Inspired . . . pg. 4

Meet Your Employee of the Month . . .pg. 3

Nominations open for 2009 Mental Health Champions

The Missouri Mental Health Foundation and the Department of Mental Health (DMH) are accepting nominations for the 2009 Mental Health Champions recognition.

Three persons will be selected as Mental Health Champions –an individual with a diagnosed mental illness, an individual with a developmental disability, and an individual in recovery from substance or gambling addiction. These individuals will be persons who have overcome their personal challenges to make life better for others and for their communities.

This is the second year for the champions program, which was started because many Missourians have overcome the challenges of mental illness, substance abuse, and developmental disabilities, but very few of their stories are known.

"There are many individuals with mental health needs who do exceptional things that inspire others to achieve and make life better for their communities," said Keith Schafer, director of the DMH. "The first mental health champion

recognition produced many inspiring stories. I am confident that more will be brought forward this year."

Nominations will be accepted until October 30, 2008. The winners will be honored at a Champions Banquet April 15, 2009, in Jefferson City.



Anyone may nominate someone as a Mental Health Champion. Information about the criteria used for selection and nomination forms are available at the DMH web site www.dmh.mo.gov or by calling the Office of Public Affairs at 573-751-4423. All nomination forms submitted this year must be accompanied by a signed standard release form to allow the department to use the nominee's story and likeness in promotions for the event.

Visitors to the website also can view the video tributes to the 2008 Mental Health Champions.

The Watercooler

Your brief monthly update on what's happening across DMH. For a full update on all DMH organizations and news visit DMH Online or visit the blog, [Missouri DMH Connections](#).

Show-Me State Games seeking volunteers

The Show-Me STATE GAMES (SMSG) was established in 1985 as a non-profit program of the Governor's Council on Physical Fitness & Health and has now grown to be the largest state games in the nation offering over 40 sporting events. The Games are held in Columbia, MO, and Mizzou quarterback Chase Daniel will be the featured speaker during this year's SMSG Opening Ceremonies at 7 p.m. Friday (July 18) at the Hearn Center. Compete, watch or volunteer during the:

Show-Me STATE GAMES (SMSG):

July 18-20 & July 25-27

STATE GAMES of Mid-America:

August 1-3

Volunteer information is available at <https://www.smsg.org/volunteer/volunteer.php>

When 12 or more people volunteer as a group on behalf of a business or organization, the Corporate Volunteer Program can offer the group recognition for their volunteer efforts. T-shirts will be provided with the organization's name printed on the back of the t-shirt. The deadline for participation in this program is fast approaching, so if interested, please contact the SMSG office at your earliest convenience.

For additional information, please contact Jean Hough, volunteer coordinator, at 573-884-2946, 573-884-4004 (fax), houghj@missouri.edu or visit www.smsg.org.

Chapman named to Missouri Planning Council on Developmental Disabilities

Gov. Matt Blunt has announced the appointment of Theodore E. "Tec" Chapman, 42, of Columbia, to the Missouri Planning Council on Developmental Disabilities. Chapman is the deputy director for the Division of Mental Retardation and Developmental Disabilities at the Department of Mental Health. He holds a bachelor's degree in psychology from California State University and a doctorate degree in special education, public policy, and leadership from the University of Kansas. Dr. Chapman's appointment is subject to Senate confirmation for a term ending on June 30, 2009.

(More Watercooler on pg. 4.)

State increases match for Deferred Compensation

Save more for retirement with the State of Missouri Deferred Compensation Plan. Effective July 1, 2008, the State is offering higher incentives to encourage employees to save more for retirement. The new incentive amounts are \$25, \$30, and \$35.

Here's how it works. Each month that you save at least \$25 in your State of Missouri Deferred Compensation Plan account, the State adds \$25 to your account. The same is true for the \$30 and \$35 incentive (see chart below).

New State Incentive Contribution Levels Effective July 1, 2008

YOUR CONTRIBUTION (per month)	STATE INCENTIVE (per month)
\$25 to \$29.50	\$25
\$30 to \$34.50	\$30
\$35 or more	\$35


To be eligible for the state incentive, you must meet both of the following requirements:

- Be an employee of the state of Missouri for at least 12 consecutive months immediately preceding the commencement of the state contribution.
- Make the minimum continuous deferrals to the State of Missouri Deferred Compensation Program coinciding with the desired incentive amount.

Act Now!

Already a participant? Increase your contributions online at <https://mo.csplans.com> or by calling 1-800-392-0925.

Not a participant? Enroll online at <https://mo.csplans.com> or call 1-800-392-0925 and speak with a Customer Service Representative.



July 14, 2008 **Show Me You Care About Suicide Prevention**

Truman Hotel Jefferson City, Missouri
Third Annual Conference

For more information, go to:
www.dmh.mo.gov/cps/issues/suicide/conference/2008/

Meet your Employee of the Month



APRIL 2008

Dewayne Robertson

Service Coordinator II
Poplar Bluff Regional Office

Why is Dewayne the EOM?

While Dewayne is dedicated to the consumers he works with on a daily basis, it really showed during the flooding in Piedmont and the surrounding area. Even though he was virtually stranded in his home with his family and had taken in neighbors who had lost their home, Dewayne went out to check on people in the area who receive services through MRDD.

Dewayne kept the Regional Office updated on the flooding and we, in turn, could keep Disaster Relief Coordinators informed. He purchased water for the residents of a group home and delivered it to them. When the Red Cross had set up stations in town, he obtained water for other consumers who would not have been able to go themselves, and delivered it to them.

Thoughts about Dewayne from his coworkers:

"Dewayne's work to monitor the consumers served by the Poplar Bluff Regional Office during a time of crisis was appreciated by all involved."

"Although he was not asked, Dewayne took it upon himself to offer assistance to some vulnerable individuals."

"At one point, he was told by law enforcement to turn back while he was trying to deliver water, so he took an alternate route and got it to them anyway!"

Congratulations, Dewayne, and thanks for all your hard work!



MAY 2008

Dane Bradford, Sr.

Security Officer I
Northwest Missouri Psychiatric
Rehabilitation Center

Why is Dane the EOM?

Dane did an absolutely outstanding job in communicating with a patient on the morning of January 6, 2008. Security was notified that a patient was outside and running towards the fence. Mr. Bradford and another officer got in a Security vehicle and located the patient near the Lincoln gate. The security officers were on the unsecured side of the gate and the patient was on the secured side, attempting to crawl under the gate.

When the patient saw Dane, he got up and began making confrontational, threatening statements. Dane went around to the side of the fence with the patient, and began talking with him. Dane used his communication skills to convince the patient to return to the Lincoln Wing, walking on his own.

Thoughts about Dane from his coworkers:

"Dane's intervention prevented the need for assistance from Highway Patrol to bring the patient back in, which could have resulted in injuries to the patient and staff."

"Dane was level-headed in a very difficult and stressful situation. He noticed that the patient seemed cold, and had a blanket brought out."

"The patient was threatening everyone and had not been complying with any staff requests until Dane began talking with him."

Congratulations, Dane, and thanks for all your hard work!



- Friday, July 4 - Independence Day Holiday
- Monday, July 14 - Suicide Prevention Conference
- August 7-17 - Missouri State Fair
- October 15, 2009 - Deadline for 2009 Mental Health Champion nominations

More Watercooler

(continued from pg. 2.)

Counseling available again for victims of floods

Flood waters are back, and so are the counseling services that its victims need. Gov. Blunt and the department announced that counseling services are available for Missourians and families whose lives have been disrupted by recent flooding.

Anyone seeking counseling assistance and support can call 1-800-811-4760 for a confidential referral to a local community mental health center.

"Missourians are once again facing the destructive forces of Mother Nature, this time from significant flooding in large portions of the state," Gov. Blunt said. "My thoughts and prayers continue to be with all Missourians who are again dealing with this flooding emergency. We are anticipating the many different needs that Missourians may have as they grapple with the flooding and flood damage."

"The impact of flooding on Missourians and families can be very stressful and depressing," said Keith Schafer, director of the Department of Mental Health. He warned that Missourians affected by the flooding may not recognize the need for counseling assistance

until after the waters recede and they return to damaged homes and businesses. Farmers may lose crops to the flooding. Small business owners may be economically affected by the impact on farmers and others reliant on agricultural industry in their areas.

Stress and emotional reactions are normal responses to emergency events. However persons should seek professional help if they experience isolation and withdrawal; mood swings or sadness that interferes with daily life; thoughts of suicide or self harm; intrusive thoughts or images that interfere with daily life; drinking or drug use that interferes with work or family life; and family conflict or domestic violence.

Community Mental Health Centers and the Department of Mental Health (DMH) are prepared to assist flood victims and are partnering with the Red Cross and other disaster relief organizations. If you need assistance, please don't hesitate to call your area Community Mental Health Center at the above number or DMH at 1-800-364-9687.

getting Inspired

Every day the employees at DMH are changing lives for the better. You all are awesome! This story was submitted by Forensic Case Monitor Sue Hagan

This is an on-going story about a forensic client who has been on Conditional Release with DMH monitoring and community support since 1994.

At the time of her NGRI offense in 1992, she had three young children who were placed in Foster Care. The client herself came from a very impoverished background, had not completed high school, had a history of being abused and acting aggressively from childhood on, and was dually diagnosed for both drugs/alcohol and mental illness.

It took a few years after she was released in 1994 before she regained custody of her children, then the client's behavioral setbacks and various external events continued to make life very difficult for her and the children; she was required to move to a town where she could better be monitored, and mental health services were increased. But the family was helped so that they could stay together.

As of this writing, her two oldest children are both living on their own, attending college, and her youngest child is in high school and college bound. Though many of our forensic clients resent the "controls" on their lives--often years of hospitalization followed by years of supervision in the community with court-ordered conditions--this client/mother expresses only gratitude. She believes that her hospitalization was a necessary first step in changing her own life, and she insists the continued support since then is what's made it possible for her children to avoid the pitfalls she made in her youth and become people she loves and takes pride in.

And the client? She is doing well, still seeing a psychiatrist and case manager, but no longer on medication and abstinent from substance abuse since 1994. Her hope is that she and her boyfriend will someday be able to purchase a home in the community she has come to love and feel herself to be a part of.

WE NEED MORE SUCCESS STORIES!
Thanks to everyone who responded to the Success Story surveys! The year is not up and we are out of stories. Send your items to us at
opamail@dmh.mo.gov